You Have the Power to Transform a Life

If you quit smoking while pregnant, your baby will:

Get more oxygen.

Be protected from deadly carbon monoxide and other carcinogens that enter your system and his/her bloodstream when you smoke.

Have fewer health problems such as asthma, wheezing, colds, ear infections, etc.

Be more likely to be born at a healthy size and weight.

Cough and cry less.

Be less likely to develop chronic lifelong disabilities such as cerebral palsy, mental retardation and learning problems.

Have fewer doctor visits.

 Likely have fewer behavioral or attention problems later in life.

Be less likely to die of prenatal complications and SIDS.

Be more likely to come home from the hospital with you.

As a mother who doesn’t smoke, you will:

Breathe easier and have more energy.

Be less likely to have a miscarriage, stillbirth or spontaneous abortion.

Decrease your chances of having a heart attack, stroke, heart disease, and lung cancer.

Be a good role model for your child.

Have fewer wrinkles.

Have clothes, a car, a home, and breath that smell better.

Save money that can be spent on other things.

Enjoy the smell and taste of food again.

Feel great about quitting.

Have more time to spend with your healthy child.

You have the ability to protect your child!

FIND HELP TODAY! For more information, contact:

Tennessee Intervention for Pregnant Smokers (TIPS)
Office: (423) 439-6705   Fax: (423) 439-2440
TIPS Web site: http://www.etsu.edu/tips

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